

Yuma CASA Program

Volunteers Voice

October 2013

Volume 4 Issue 10

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Speak Out *A FEW WORDS FROM*

Hello Volunteers,

This year seems like it is just flying by. It will be so nice to have some cool weather and have our volunteers back who flew south for the summer. October is Domestic Violence Awareness month and Sofia Elizarraras and Yovana Apodaca will be conducting a presentation at the H.U.G. this month on the affects domestic violence has on children. Amberly's Place is having an event to support domestic violence victims on October 12th, 8 a.m. at Gateway Park. The event is the Paint The Town Purple "Color Run" and CASA will have a table at the event. I am always recruiting volunteers and creating public awareness for the CASA program and try to plan plenty of outreach activities and presentations in the community. This month we will also have a table at the Yuma Jaycees 18th Annual Yuma Play Day on October 5th from 10 a.m. - 3 p.m. at the Yuma Civic Center. I will be conducting CASA presentations at Calvary Temple of Christ Church on October 20th and Imagine Nations Church on October 27th, and will have a table set up to speak with church members after conclusion of services. Any volunteers who would like to lend a hand on any of these dates, please contact the CASA office. It is always nice to have a volunteer with me when I am recruiting due to their intimate knowledge of advocating for children.

Four new CASA volunteers were sworn-in by Judge Stocking-Tate on September 17th. Jamie Jeraminas, Oscar Quintero, Denisse Villanueva, and Xochitl Villanueva took the CASA Oath of Office, and I'm proud to say they are now part of the CASA family. I am very happy to say we have a very diverse population of CASA volunteers. We have added some more male, Spanish speaking, and younger volunteers. Having a diverse population of volunteers helps us to meet the needs of the ever increasing diversity of our foster children in the Yuma Community.

Theme: Impact of Domestic Violence on Children

**Visit our CASA of
Yuma County
Facebook Page
& the
Arizona CASA website**

Newsletter Committee:

Editors - Susan/Cindi
Design/Layout – Ruth

October 1st was to be our next Case Reviews panel. There are no cases that were asked to be reviewed, so I would like the opportunity to speak with everyone regarding changing the format of the Case Reviews to a Peer Support type group. This would be a time for CASA volunteers to meet and share similar frustrations, case struggles, and any other CASA related topic. What I really want is for the volunteers to decide what format the volunteers would like the case review/peer support group to be. Please try and join us on October 1st at 8:30 a.m. in the Lobby Conference Room. We need the volunteer's input because it is going to be run by the volunteers.

I wanted to remind everyone to be careful when we are at the CASA luncheons not to talk about cases due to confidentiality. We all have to watch what we say when we are in public. This is why I think the case review/peer support group will be a great opportunity for the volunteers to get together and not worry about violating confidentiality. If you see another CASA volunteer talking about a case please just politely remind them about our confidentiality rules and regulations. Remember all of you signed a confidentiality contract. Just to be fair, this applies to me also. I have been guilty of this offense on one or two occasions too. We all have to be careful.

Most of my recruiting efforts are through the various churches in Yuma County. I would appreciate if all of you would let me know which church you belong to and maybe even speak with someone on staff at your church about the CASA program. Then provide me with a name of someone to contact so I can set up a meeting and, hopefully arrange to conduct a short presentation at your church. It makes a big difference when I approach a church about doing a presentation if one of the church members has set up the meeting or introduced me. If you have any questions regarding this matter please give me a call.

I plan to be in the office more in the future and have more time for all of you. I was taking on a lot of responsibilities and have I decided to step back and let some other people help out with some of the programs I was coordinating or trying to establish. We will still be moving forward with most of these programs because all of them are to support the volunteers and are needed to assist you in advocating for the children.

Please do your best to be at the Meet and Greet with CPS on October 9th, 9 – 11 a.m. at the Clarion Hotel. This is a great opportunity to get to know the CPS workers on a personal level. These events are very important. We work so closely with CPS on a daily basis; and this event is a time to get to know one another, eat some food, have a little fun, and also talk about specific issues or concerns in an informal atmosphere. It is important that we have a big turnout so it will demonstrate that the CASA program is eager to do what it takes to improve the overall working relationship between CPS and CASA. Please do not talk about anything case specific because that would not be the time or place to do so. I know, for example, the topic of CASAs observing visits will be something that will be addressed at the Meet and Greet. I hope to see all of you there.

November 2nd is Children's Festival of the Arts and we will need quite a few volunteers to help out that day. Contact Veronica if you are interested in volunteering that day.

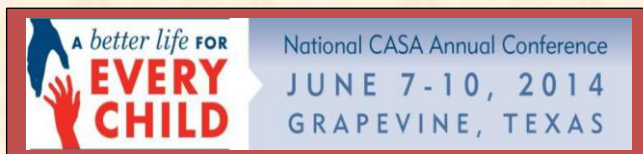
I am very proud of all of you, as always, for the outstanding job you do on a daily basis advocating for the children. Again, thank you everyone and keep up the great work all of you are doing for the children you represent.

--Dennis

Reminders

- **October 2nd, Special Education Training, including 504 IEP. Did you register?**
- **October 5th, Yuma Jaycees Playday**
- **October 9th, 9-11 a.m. - Meet & Greet with CPS; Clarion Hotel. Call office to reserve a space.**
- **October 12th, Amberly's Place Color Run**
- **November 1st, Hope for Orphans**
- **November 2nd, Children's Festival of the Art**

- **Church Outreach: October 20th Calvary Temple of Christ**
October 27th Imaginations Church



Congratulations & Thank You



CASA Anniversaries:

Vicki Dokos-Nelson 6 Yrs.

Vince Coppola 5 Yrs.



***Welcome
To The
CASA Family***

Oscar Quintero

I was born in Southern California in February of 1992. I have two older brothers living in Phoenix and one younger brother living with me and my Mother. In 2001, my mother brought us to Arizona. We have been living in Somerton for nearly ten years. In my free time I like to play sports like soccer and softball. At night I enjoy reading books about leadership and spiritual strength.

I am a full time AWC student majoring in political science. My goal is to pursue a bachelor's degree at a university and attend law school. I am a substitute teacher for the Somerton School District. I use this opportunity to inspire my students to work hard and to learn. I am also a new convert attending Christian Services at The Potter's House in Yuma, AZ. I like to get involved in outreaches, fellowships and other services to learn how to serve better and become more useful in the ministry.

I decided to serve as a CASA because it is a great program and a great resource to help young lives and serve as a productive member of the community. It is indeed a privilege to be part of a great team that helps children and their families. I am very excited to learn from all the CASA seniors and staff. I am committed to the cause; I admire everyone for their huge hearts who help and serve the lives of children.

TRAINING OPPORTUNITIES-- Increase your knowledge

Attend the H.U.G. meeting on Thursday, October 10^h, at 11:30, Detention Training Room. Bring your lunch.

The speakers will be Early Child Family Therapists
from Easter Seals:

**Yovana Apodaca
and
Sofia Elizarraras**

***A big "thank you" to the
September H.U.G presenter—
Jessica Kelly, Independent
Living Program Coordinator,
AzCA.***



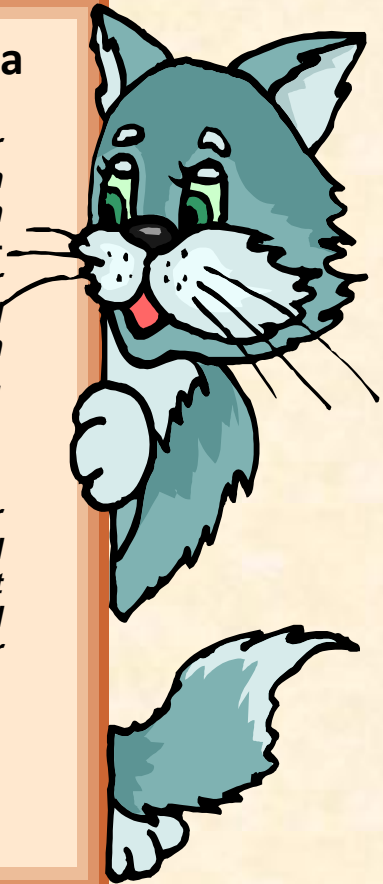
Farewell to our FCRB Specialist: Esma

With great sadness I am announcing that our fearless FCRB leader, Esma, is no longer coming each month to Yuma. It was decided the boards would again be overseen by the Phoenix office. It has been 6+ years of Tucson management with Esma as our wonderful specialist; knowing each case, each child and family. She can listen to 10 minutes of information and condense it down to the very details needed, control an unruly client and keep us all in order like no one else.

Esma became a friend to all of us, made me a better board member and CASA with her advice and guidance. We will all miss her and hope only the best for her and encourage her to come back to Yuma and visit. So Esma, we are sad you are leaving, we offer best wishes to you and please don't forget us.

Good luck in all your future endeavors.

---Susan Steenhard



**Esma
&
FCRB
Members
at Sept
Review**



What Is Domestic Violence?

Articles reprinted from <http://www.domesticviolenceroundtable.org>



Domestic violence is when one partner in an intimate relationship abuses the other. The abuse can be physical, sexual, emotional or a combination of all three.

Physical abuse can include very aggressive acts, such as beatings and forced sexual activity including intercourse, or it can take the form of less severe acts like throwing, shoving and slapping.

In emotional abuse, the abuser constantly humiliates and puts down the victim. The weapons of emotional abuse include verbal insults, threats, control of physical activity, unfounded accusations of infidelity, control of economic decisions and social isolation.

Depending on the relationship, the physical or emotional abuse may happen very often or not as often. Either way, once violence begins, it will usually continue and get worse over time. No matter how often the abuse happens, the victim of domestic violence suffers constant terror and stress, living in fear of the next episode.

While women are most commonly the victims of their male partners, domestic violence can happen between all sorts of people and in all sorts of relationships. It happens between people who are married and between people who aren't living together. It can be abuse by a man against a woman, or by a woman against a man. It can occur in gay or lesbian relationships.

Domestic violence is a common reality in our society. It occurs in all social classes, ethnic groups, cultures and religions. Most people don't realize how common it is, because very often victims of abuse keep quiet.

- Between 3 million and 4 million adult women in the United States are abused yearly by an intimate partner. About one in four women is likely to be abused by a partner in her lifetime. (Journal of the American Medical Association, 267:3184-3189, 1992)
- A study conducted in emergency rooms and walk-in clinics reported that 54 percent of a sample of women treated in emergency departments had been threatened or physically injured by a partner. (Journal of the American Medical Association, 273:1763-1767, 1995)

You are not responsible for the violence. Nor are you alone. There are alternatives to remaining in a violent situation. These include: shelters, counseling, protective orders, and safety planning.

The Cycle of Domestic Violence

In 1979, psychologist Lenore Walker found that many violent relationships follow a common pattern or cycle. The entire cycle may happen in one day or it may take weeks or months. It is different for every relationship and not all relationships follow the cycle—many report a constant stage of siege with little relief.

This cycle has three parts:

1. Tension building phase—Tension builds over common domestic issues like money, children or jobs. Verbal abuse begins. The victim tries to control the situation by pleasing the abuser, giving in or avoiding the abuse. None of these will stop the violence. Eventually, the tension reaches a boiling point and physical abuse begins.
2. Acute battering episode—When the tension peaks, the physical violence begins. It is usually triggered by the presence of an external event or by the abuser's emotional state—but not by the victim's behavior. This means the start of the battering episode is unpredictable and beyond the victim's control. However, some experts believe that in some cases victims may unconsciously provoke the abuse so they can release the tension, and move on to the honeymoon phase.

3. The honeymoon phase—First, the abuser is ashamed of his behavior. He expresses remorse, tries to minimize the abuse and might even blame it on the partner. He may then exhibit loving, kind behavior followed by apologies, generosity and helpfulness. He will genuinely attempt to convince the partner that the abuse will not happen again. This loving and contrite behavior strengthens the bond between the partners and will probably convince the victim, once again, that leaving the relationship is not necessary.

This cycle continues over and over, and may help explain why victims stay in abusive relationships. The abuse may be terrible, but the promises and generosity of the honeymoon phase give the victim the false belief that everything will be all right.

The Effects of Domestic Violence on Children

How many children witness the abuse of their mothers?

Studies show that 3-4 million children between the ages of 3-17 are at risk of exposure to domestic violence each year. U.S. government statistics say that 95% of domestic violence cases involve women victims of male partners. The children of these women often witness the domestic violence.

Witnessing can mean SEEING actual incidents of physical/and or sexual abuse. It can mean HEARING threats or fighting noises from another room. Children may also OBSERVE the aftermath of physical abuse such as blood, bruises, tears, torn clothing, and broken items. Finally children may be AWARE of the tension in the home such as their mother's fearfulness when the abuser's car pulls into the driveway.

What are the feelings of children who are exposed to battering?

Children who are exposed to battering become fearful and anxious. They are always on guard, watching and waiting for the next event to occur. They never know what will trigger the abuse, and therefore, they never feel safe. They are always worried for themselves, their mother, and their siblings. They may feel worthless and powerless.

Children who grow up with abuse are expected to keep the family secret, sometimes not even talking to each other about the abuse. Children from abusive homes can look fine to the outside world, but inside they are in terrible pain. Their families are chaotic and crazy. They may blame themselves for the abuse thinking if they had not done or said a particular thing, the abuse would not have occurred. They may also become angry at their siblings or their mother for triggering the abuse. They may feel rage, embarrassment, and humiliation.

Children of abuse feel isolated and vulnerable. They are starved for attention, affection and approval. Because mom is struggling to survive, she is often not present for her children. Because dad is so consumed with controlling everyone, he also is not present for his children. These children become physically, emotionally and psychologically abandoned.

What behaviors do children who witness domestic violence exhibit?

The emotional responses of children who witness domestic violence may include fear, guilt, shame, sleep disturbances, sadness, depression, and anger (at both the abuser for the violence and at the mother for being unable to prevent the violence).

Physical responses may include stomachaches and/or headaches, bedwetting, and loss of ability to concentrate. Some children may also experience physical or sexual abuse or neglect. Others may be injured while trying to intervene on behalf of their mother or a sibling.

The behavioral responses of children who witness domestic violence may include acting out, withdrawal, or anxiousness to please. The children may exhibit signs of anxiety and have a short attention span which may result in poor school performance and attendance. They may experience developmental delays in speech, motor or cognitive skills. They may also use violence to express themselves displaying increased aggression with peers or mother. They can become self-injuring.

What are the long-term effects on children who witness domestic violence?

Whether or not children are physically abused, they often suffer emotional and psychological trauma from living in homes where their fathers abuse their mothers. Children whose mothers are abused are denied the kind of home life that fosters healthy development. Children who grow up observing their mothers being abused, especially by their fathers, grow up with a role model of intimate relationships in which one person uses intimidation and violence over the other person to get their way. Because children have a natural tendency to identify with strength, they may ally themselves with the abuser and lose respect for their seemingly helpless mother. Abusers typically play into this by putting the mother down in front of her children and telling them that their mother is “crazy” or “stupid” and that they do not have to listen to her. Seeing their mothers treated with enormous disrespect, teaches children that they can disrespect women the way their fathers do.

Most experts believe that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems. They may replicate the violence they witnessed as children in their teen and adult relationships and parenting experiences. Boys who witness their mothers’ abuse are more likely to batter their female partners as adults than boys raised in nonviolent homes. For girls, adolescence may result in the belief that threats and violence are the norm in relationships.

Children from violent homes have higher risks of alcohol/drug abuse, post traumatic stress disorder, and juvenile delinquency. Witnessing domestic violence is the single best predictor of juvenile delinquency and adult criminality. It is also the number one reason children run away.

What Can You Do If You Suspect Someone You Know Is Being Abused?

Most people remain silent about the issue of domestic violence. Very few people identify themselves as abusers or victims. Victims may be silent about the abuse because of embarrassment or shame, or for fear that their batterers will hurt them if they tell other people about the violence. Abusers often minimize their actions or blame the victim for provoking the violence. Both victims and abusers may characterize their experiences as family quarrels that “got out of control.”

All of us are bystanders and witnesses to different forms of abuse, and it can be extremely challenging to learn how to help those we suspect are being abused. We do not want to create even more conflict or provoke the abuser. Speaking up on behalf of someone we see being hurt is not always the safest or smartest thing to do. And sometimes the person being abused is not ready to disclose what is happening to them or to draw attention to their situation.

If someone declines to discuss domestic violence issues, consider whether the silence may be due to a fear of the batterer or to cultural, racial, or gender issues which make it difficult to talk about such personal experiences.

A person wanting to help a victim of abuse is best able to do so after first familiarizing her/himself with the challenges posed by the problem. These include emotional, safety, legal, economic, and social challenges faced by the victim. Awareness of safety issues is critical. This web site and its links can be a helpful starting point.

However, there are some things that you can do to help...

1. Talk to the person you think is being abused, but only when her partner is not around. Approach her in a non-blaming, non-judgmental, and understanding way. Tell her she is not alone and that there are many women like her in similar situations.
2. Say things like “I am worried about you and your safety” or “I’m concerned about the safety of your children.” If the person does not respond or minimizes your concern, respect it in the moment. But try again a few days or weeks later.
3. Offer to be helpful. Ask what would be helpful to them. A victim/survivor is in the best position to judge her needs especially from a safety standpoint. Her decisions should be her own.
4. Offer to listen.
5. Use supportive language.

6. Don't say bad things about the abusive person. Don't lament that she got involved with this person. This "blames the victim."
7. Don't say, "I would leave the relationship if I was in your situation."
8. Remind the person that they deserve to be happy and healthy in their relationship.
9. Remind the person that no one should treat them in a hurtful manner, and they deserve to be treated well. Tell them domestic violence is a crime.
10. Use your local resources. Contact your local domestic violence agency for help in dealing with the situation.
11. Provide the person with resource information like the number of a [domestic violence hotline](#) or [agency](#).
12. Be patient. Allow her to make her own decisions. You may want the person to leave the relationship, but it has to be her decision. She might not leave right away.
13. Stay in her life by being supportive and by creating a safe space for her to talk about her situation.

This page is geared toward women because the majority of domestic violence is perpetrated against women. However, it is important to emphasize that violence happens to others as well—and—is equally *unacceptable*.



Please call the office if you're interested in helping us do any of the following functions:

- Helping with CASA Newsletter (Example, research, write article, be on committee, etc.)
- Taking photos at CASA events, such as H.U.G., lunches, special activities, etc.
- Be the CASA lunch coordinator for 2014, This includes selecting a restaurant, giving them a head count, and advising members. The first luncheon to be coordinated will be in January 2014.
- Manage the CASA Facebook page. Responsibility includes inserting/removing articles, and other tasks required to keep the page current and useful.
- Staff the CASA booth at events: Oct 5th Yuma Jaycees Playday, Oct 12th Amberly's Place Color Run, Nov 1st Hope for Orphans, and Nov 2nd Children's Festival of the Arts, and church outreach recruitment.

Even if you just think you might be interested, please call the office to discuss.

Amberly's Place Statistics

AMBERLY'S PLACE	Jan-13	Feb-13	Mar-13	Apr-13	May-13	Jun-13	Jul-13	Aug-13	Total
Client Demographic Information									
All Victims									
Was victim served									
In Person	199	170	184	167	188	146	160	211	1425
By Phone	9	5	5	4	4	1	6	11	45
Total	208	175	189	171	192	147	166	222	1470
No. of Victims Served In Person Only									
Referring Agency:									
Yuma Police Department	95	98	97	85	81	68	85	108	717
Yuma County S.O.	33	33	39	34	35	32	24	30	260
Somerton Police Department	5		4	1	6	9	2		27
San Luis Police Department	51	18	28	33	26	25	25	45	251
Wellton Police Department		3		13	3			3	22
Quechan Police Department									
Cocopah Police Department			2	1			4		7
Imperial County S.O.		6	3		8		1	1	19
Child Protective Service						8			
FBI/CID/Military/NCIS					5		1	1	7
AWC									
Outside Agency									0
Call In's or Unreported	24	17	16	4	28	5	24	34	152
Totals	208	175	189	171	192	147	166	222	1462
Type of Crime All Victims									
Child Abuse, Physical	20	12	9	19	22	8	4	22	116
Child Abuse, Sexual	42	57	50	35	28	38	39	43	332
Domestic Violence	121	80	107	94	109	73	95	136	815
Adult Sexual Assault	15	18	23	23	10	26	16	8	139
Adults Molested as Children									
Assault/Threats	4	5			6		3		
Elder Abuse						1	3	2	6
Stalking	2	1			14		3		20
Kidnapping	4								
Type of Crime Unknown								2	
Other (Homicide/Attempted)		2			3	1	3	9	18
Totals	208	175	189	171	192	147	166	222	1470
Total # of Victims/Cases									
# of Victims	208	175	189	171	192	147	166	222	1470
# of Cases	76	72	73	64	74	68	70	92	589
Jane Doe Cases	1	0	1	0	0	1	2	2	7
# of Forensic Exams	4	5	10	5	2	6	9	3	44



Movie Review -- Every 9 Seconds

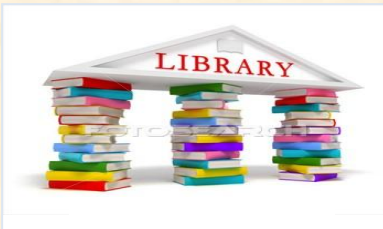
Cries for help from two battered women are the first two calls investigative reporter Carrie Breiter (Amy Pietz "Caroline in the City") answers while working undercover at a women's crisis hotline. Looking to get inside the story of domestic violence, Breiter instead reaches out and gets in the middle of a dangerous situation. The first call is from a battered wife determined to put an end to years of domestic abuse (Gail O'Grady, "NYPD Blue") and the second is a young teenager seeking advice on how to handle her new boyfriend's evil nature and psychotic personality. Drawn to the story of domestic abuse for reasons that she traces to her own childhood, Breiter jeopardizes her life to help others; and in so doing, she hopes to save herself from a past that continues to haunt her.

Matinee

Bring your lunch --- Popcorn provided

When: 11:30 a.m., Friday, October 25th

Where: Detention Training Room

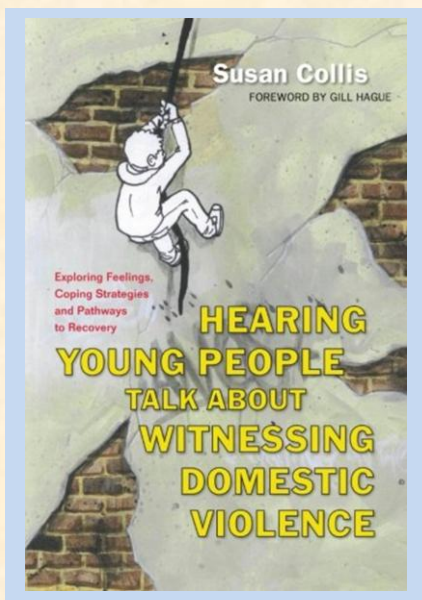


BOOK REVIEW

Hearing Young People Talk About Witnessing Domestic Violence ***By Susan Collis***

DESCRIPTION:

At least 750,000 children a year worldwide witness domestic violence. These children grow up with an increased risk of developing symptoms associated with trauma and behavioral and mental health problems. This book explores the cases of five young people who have been victims of domestic violence. Allowing the young people to speak out in their own voices, it provides deep insight into how their experiences have affected their emotional behavior, the complexities of issues related to it and those aspects of support which provide the greatest benefit to them. Drawing on her own personal experience of domestic violence as well as her professional expertise, the author emphasizes the importance of giving voice to victims of domestic violence and highlights the importance of acknowledging the emotional and spiritual lives of victims in order to provide holistic support and understanding, and it's potential to instigate healing. "Listening to Young People who Experience Domestic Violence" is a vital resource for mental health professionals, social care workers, school counselors and all professionals working in the field of domestic abuse.



Kerrie Underhill donated a book to the CSA library: 10 Ways Anyone Can Graduate From College Debt-Free. Check it out.



Congratulations to those who were sworn in as CASAs.

L to R: Denisse Villanueva, Oscar Quintero, Judge Stocking-Tate, Jamie Jeraminas, and Xochitl Villanueva

The September CASA luncheon was held at The Landing. It's a time to relax and exchange ideas or lessons learned. It's also a good way for new CASAs to meet other CASAs.



October's luncheon will be on the 15th at the Yuma Palace. Hope to see you there.



October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CONTACT LOGS DUE Case Review / Peer Support	2 FCRB IEP Training  <i>Vicki Dokos-Nelson</i>	3 FCRB	4	5 Yuma Jaycees 18th Annual Play Day 10:00
6	7	8	9 CPS Meet & Greet 9:00  <i>Ofeia Flores</i>	10 H.U.G. 11:30 DTR CASA Academy – Tucson	11	12 Amberly's Place Color Run 8:00
13	14	15 YCCI 10:30 CASA Lunch 11:30  <i>Jessica Rico</i>	16	17	18	19
20 Calvary Temple of Christ 9:45	21  <i>Carolyn Shald</i>	22 Best for Babies Court Team Meeting 1:00 DTR	23	24	25 Movie 11:30 DTR	26
27 Imaginations Church 9am  <i>Jamie Jeraminas</i>	28  <i>LeeAnne Rachels</i>	29	30	31	Nov 1 CONTACT LOGS DUE Hope for Orphans 6:00 pm	Nov 2 Children's Festival of the Arts 10:00

Casa Program
Yuma County Juvenile Justice Center
2440 W. 28th Street
Yuma, AZ 85364

Contact Info

We're on the Web!
See us at:

[http:// www.CASAOfYumaCounty.org](http://www.CASAOfYumaCounty.org)

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